

Dengue Fever

October 22, 2007

This warden message alerts American citizens living or visiting the Philippines to the latest information about dengue fever. Dengue is endemic throughout the Philippines, having a seasonal peak during the rainy season of July to October.

The U.S. Embassy recommends that everyone be proactive in following recommendations outlined below in order to reduce the risk of exposure. For more information on Dengue Fever please check the following websites:

<http://www.cdc.gov/ncidod/dvbid/dengue/index.htm>

The U.S. Embassy's Medical Unit has issued the following recommendations to official personnel:

Dengue is a viral infection transmitted by a type of mosquito that typically feeds during the daytime; they are painful and persistent biters. Dengue typically causes high fever, rash, malaise, fatigue and severe aching pains (it used to be called "Break Bone Fever" due to the severity of the aches). While most cases are not life-threatening, the disease can be debilitating for two or more weeks. There is no treatment for the disease except supportive care (fluids, pain medication, fever reduction, etc.). Therefore, preventing mosquito bites is still the best medicine. Wear long sleeve shirts and pants when outdoors. Use an effective insect repellent. (A list of effective insect repellants is available at: <http://wwwn.cdc.gov/travel/yellowBookCh2-InsectsArthropods.aspx>) Similar to sun block, insect repellants should be re-applied after swimming or excessive sweating.

At home, use screens or "fly-wire" on all open windows and use a "knock-down" insect spray to kill mosquitoes in rooms. Also, use mosquito coils or electric insecticide vaporizers if mosquitoes can readily get into rooms. (Air conditioning helps repel mosquitoes too.) Consider using a bed net impregnated with pyrethrin. Outside the home, remove/drain all standing water on the property, including standing water in potted plant dishes, cans, bottles, and any item that could hold water for several days. Flush home gutters and drains weekly with water to help prevent eggs from taking hold and hatching.